



Spiced Breakfast Apples



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 5 large granny smith apples cored peeled sliced
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup sugar

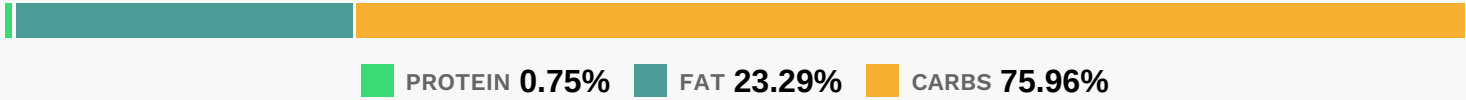
Equipment

- ☐ frying pan

Directions

☐ Melt butter in a large skillet over medium-high heat; add apples and remaining ingredients. Saut 15 to 20 minutes or until apples are tender.

Nutrition Facts



Properties

Glycemic Index:29.52, Glycemic Load:30.07, Inflammation Score:-4, Nutrition Score:3.6134782835193%

Flavonoids

Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 13.99mg, Epicatechin: 13.99mg, Epicatechin: 13.99mg, Epicatechin: 13.99mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 294.23kcal (14.71%), Fat: 8.07g (12.42%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 59.24g (19.75%), Net Carbohydrates: 54.59g (19.85%), Sugar: 52.62g (58.47%), Cholesterol: 0mg (0%), Sodium: 91.43mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Fiber: 4.65g (18.62%), Vitamin C: 8.58mg (10.4%), Vitamin A: 439.74IU (8.79%), Manganese: 0.13mg (6.35%), Potassium: 205.21mg (5.86%), Vitamin E: 0.64mg (4.24%), Vitamin K: 4.19µg (3.99%), Vitamin B6: 0.08mg (3.89%), Vitamin B2: 0.06mg (3.43%), Copper: 0.05mg (2.72%), Magnesium: 9.93mg (2.48%), Phosphorus: 23.01mg (2.3%), Vitamin B1: 0.03mg (2.19%), Calcium: 17.81mg (1.78%), Iron: 0.27mg (1.5%), Folate: 5.75µg (1.44%), Vitamin B5: 0.12mg (1.22%)